



COON RAPIDS SENIOR SERVICES

Voice of Experience

NOV/DEC 2015



VETERAN'S TRIBUTE

With Entertainer Charlie Maguire

MONDAY, NOVEMBER 9

Everyone is welcome to come and honor our Vets with a special red, white and blue day! Doors open at 1:00 p.m. and the program begins at 1:30 p.m., with the music of Charlie Maguire. Charlie spent ten years on public radio's ever-popular 'A Prairie

Home Companion'. He is also officially known as "The Singing Ranger" of the National Park Service. You might recognize his voice from the theme song for the show "On The Road with Jason Davis". His songs about Minnesota and our great country will touch and inspire you.

The program will be followed by a yummy dessert and coffee. Veterans can attend this event free. The cost for other attendees is \$5.00 and is due on Monday, November 2. Seating is limited. Sign up begins immediately. Thanks to our sponsors The Super Senior Club, Margaret Place and Mary T., Inc.

"NOON" YEAR'S EVE PARTY

MUSIC BY THE ROE FAMILY SINGERS

THURSDAY, DECEMBER 31

One of our favorite groups is coming back to help us celebrate the New Year! Get ready for some lively music by the Roe Family Singers! This lively 4-piece band blends the sounds of good-time and old-time gospel, bluegrass, folk and country. We'll also have a countdown to noon, a little bubbly (non-alcoholic), and noisemakers! After the program, we'll enjoy a delicious catered dinner by Wells Catering that includes Grilled Chicken Breast with Garlic White Wine and Mushroom Sauce, Garlic Mashed Potatoes, Baby Carrots, Dinner Rolls and dessert. The cost is \$12.00, payable by Thursday, December 17. Doors open at 10:30, the music starts at 11:00 and then we'll enjoy a noon dinner. Registration begins immediately, in person or by calling (763) 767-6473.



BAZAAR

**THURSDAY,
NOVEMBER 5**

9:00 A.M.—3:00 P.M.

**COON RAPIDS
SENIOR/CIVIC CENTER**

FLEA MARKET!

CRAFTS!

REFRESHMENTS!

RAFFLES!

BAKE SALE!

HOLIDAY ROOM!

BOOKS!

JEWELRY!

AND MORE!

Proceeds Benefit Local Charities!

MARK YOUR CALENDARS!

**The Senior Center will
be closed November
11, 26 & 27 and
December 24 & 25 for
holidays. There will be
no senior activities on
December 21, 22 & 23
due to maintenance,
but the office
will be open.**

DAY TRIPS

OLD LOG THEATER THE WEDDING SINGER WEDNESDAY, NOVEMBER 18

You'll love the historic traditions of this dinner theater on the shores of Lake Minnetonka. We'll start our day with a delicious dinner. Everyone will be served a Dinner Roll, Coffee or Tea, Seasonal Vegetable and Dessert. Please indicate your main entrée when you make payment. Your choices are:

1. Beef Short Rib with Potatoes
2. Tilapia with Potatoes
3. Vegetarian Pasta & Pesto Cream Sauce
4. Chicken Breast with Potatoes

Then we'll move to the theater, where seats are general admission. This play centers on Robbie Hart, New Jersey's favorite wedding singer. When his fiancée leaves him at the altar, he is heartbroken and forced to reexamine the meaning of love and marriage with the help of a waitress from one of his wedding singing venues.

Sign Up: Begins 9:00 a.m. Monday, Nov 2
Cost: \$64.00 (includes show, meal & bus)
Payment Deadline: Wednesday, Nov. 4
Bus: Depart at 10:45 a.m./Return 4:30 p.m.

CALL (763) 767-6473

DULUTH LIGHTS & MORE! WEDNESDAY, DECEMBER 9

Board the bus and get ready for a day in Duluth! We'll start out with lunch at the legendary Grandma's Saloon with a Salad, a Chicken Pot Pie, beverage and yummy Chocolate Cheese Cake for dessert. Then we'll head to the Duluth Depot, where you'll see four museums in one place. Browse through the Lake Superior Railroad Museum, the Duluth Art Institute, the St. Louis County Historical Society and the Veterans' Memorial Hall. Certainly something for everyone! We'll spend a little time at some of the popular shops in Canal Park before heading to "Bentleyville"! Billed as America's largest free walk-through lighting display, Bentleyville invites guests to stroll under the glow of 4 million lights in a 20-acre park on the shores of Lake Superior. Enjoy complimentary hot cocoa, cookies, popcorn, roasted marshmallows, Santa Claus, a Cookie House and 15 fire pits to keep you warm. On the way home, we'll make a quick stop at a fast food restaurant, where you can make a purchase on your own. Please note that there is a fair amount of outdoor walking involved at Bentleyville. In case of extremely inclement weather, please reserve Thursday, December 10 for a make up day.

Sign Up: Begins 9:00 a.m. on Monday, November 2
Cost: \$55.00 (includes admissions, meal, & bus)
Payment Deadline: Monday, November 30
Bus: Depart at 10:30 a.m./Return 9:00 p.m.

CHANHASSEN "SISTER ACT" WEDNESDAY, DECEMBER 16

Direct from Broadway, SISTER ACT tells the hilarious story of Deloris, a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her away in the last place anyone would expect—a convent! Set around the Christmas holidays, Deloris helps her fellow sisters find their voices as she also rediscovers her own in a sparkling tribute to the power of friendship! Choose your lunch off the menu and then enjoy the show. We are taking two buses, so join in the fun!

Sign Up: Begins 9:00 a.m. on Monday, November 2
Cost: \$75.00
Payment Deadline: Monday, November 16
Bus: Departs at 10:15 a.m./Returns 5:00 p.m.



DAY TRIPS

CALL (763) 767-6473 TO REGISTER

HOLIDAY EXHIBITS

MONDAY, DECEMBER 21

Our morning begins in Minneapolis with a tour of Westminster Presbyterian Church to see the Martha Spencer Rogers Crèche collection. It consists of more than 190 hand-crafted folk-art nativities from over 80 countries. Our tour guide will also take us to the sanctuary. The sanctuary was built in 1897 and seats 1500 people, and is listed on the National Register of Historic Places. Lunch follows at Curran's Family Restaurant and includes Pork Loin Roast, Mashed Potatoes and Gravy, Bread Stick, Applesauce, Coffee or Soft Drink. After lunch we will go to St. Peter's Catholic Church in Richfield. The display of the small nativity scenes, called crèches, is thanks to Father Jerry Dvorak, the church's pastor. He has collected the crèches from across the world, including Africa, Latin America, Mexico and Europe. He has over 350 crib scenes, varying in style and materials from wood, paper mache, ceramic, straw and metal.

Sign Up: Begins 9:00 a.m. on Monday, November 2

Cost: \$35.00

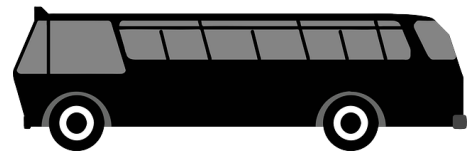
Payment Deadline: Monday, December 7

Bus: Departs at 8:45 a.m./Returns at 4:00 p.m.

REMINDER TIMES FOR THOSE WHO SIGNED UP PREVIOUSLY FOR THE FOLLOWING TRIPS:

**MARK TWAIN
AT PARAMOUNT THEATER
FRIDAY, NOVEMBER 6.
Bus Departs at 10:15 a.m.
Bus Returns at 5:15 p.m.**

**SILVER BELLS & DIAMONDS
FRIDAY, NOVEMBER 20.
Bus Departs at 11:00 a.m.
Bus Returns at 6:00 p.m.**



VFW HOLIDAY DINNER WITH THE RIVERSIDE SWING BAND SUNDAY, DECEMBER 13

Coon Rapids Senior Citizens (55+) and members of the Coon Rapids Super Senior Club, Inc., are invited to a \$5.00 holiday dinner held at the VFW at 1919 Coon Rapids Blvd.. Doors open at 11:00 a.m. At noon, we'll enjoy entertainment. A Senior Center favorite, the Riverside Swing Band will have you tappin' your toes and snappin' your fingers with their 1930s and 1940s music! A Turkey Dinner with all the trimmings will be served at 1:00 p.m. Reservations can be made anytime, either in person at Coon Rapids Senior Services or by calling (763) 767-6473. This event is limited to 250 people. Payment must be made to the Senior Center before Wednesday, December 2. All proceeds will go towards the VFW Auxiliary's expenses. **Thanks to these special ladies for holding this event for the past 30+ years!!** Due to the high number of people who want to attend this event, it is necessary that we have the following guidelines:

1. This event is only for seniors 55 and older.
2. You must reside in Coon Rapids OR be a current member of the Coon Rapids Super Senior Club.
3. Refunds cannot be given after the payment deadline of Wednesday, December 2.
4. Take-out lunches are not available.

Thank you for your cooperation!

CASINO TRIPS

Register in person or via phone at (763) 767-6473. Sign up begins immediately. Payment due one week in advance.

ST. CROIX CASINO IN TURTLE LAKE, WI THURSDAY, NOVEMBER 19

Cost of \$6.00 includes \$5.00 back on your card, snack, games, bus and host. Depart at 9:00 a.m. Return at 4:00 p.m.

TREASURE ISLAND MONDAY, DECEMBER 14

Cost of \$22.00 includes \$15.00 back on slot play, snack, games, bus and host. Depart at 9:00 a.m. and return at 5:00 p.m.

ATTENTION:

Please note that ALL casinos require your casino card number in advance. If you do not have a card, please provide us with your date of birth and address. Then the casino will have a card ready for you upon your arrival. Casino trips are subject to change. Thank you for your cooperation.

BREAKFAST BUNCH FRIDAY, NOVEMBER 20

Join us at Perkins for a tasty breakfast. The bus will pick you up and drop you off at your home for a donation of \$2.00. Or you can meet the group by **8:30** at the restaurant located at 7520 University Ave. in Fridley. Please indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own. **Sign up begins immediately.**



OUT TO DINNER MONDAY, DECEMBER 7



Enjoy a night out for a wonderful dinner at Pizza Ranch located at 13797 Jay St. in Andover. The bus will pick you up and drop you off for a donation of \$2.00. Or you can meet the group by **4:30** at the restaurant. Indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own. **Sign up begins immediately.** **NOTE:** It is important that you sign up with the senior center (even if you drive on your own) so we can let the



HOLIDAY TEA

FRIDAY, DECEMBER 4

Join us at the Senior Center for a special white linen tea. Our guest speaker is Julia Matson, founder of Bingley's Teas and creator of the exclusive line of The Jane Austen Tea Series teas. Her products come from mixing her two primary passions: Jane Austen's fiction and her favorite beverage. By assigning different blends to the immortal characters in Austen's novels, Matson has drawn "Janeite" customers from as far away as the Middle East and Japan. Julia is a certified tea specialist, having studied with experts and tea masters for many years, and travels to sites of tea origin to continue her studies.

The food for the tea will be provided by Floyd and Ann Kusie. Savor delicious homemade goodies. Doors open at 10:15; the presentation begins at 10:30 and the tea starts at 11:30 a.m. Please bring a tea-cup and saucer if you have one. Seating is limited. Sign up begins on Monday, November 2. The cost is \$8.00 payable by Friday, November 20.

-“There is no charm equal to tenderness of heart” — Jane Austen

HEALTH & WELLNESS

LIVE 2B HEALTHY Fitness Class

Mondays, Wednesdays & Fridays
8:30-9:30 a.m.

FIRST SESSION FREE!

Improve flexibility and balance while increasing muscular endurance. Led by a certified instructor. Classes are \$35.00 per month, but there's no cost to "SilverSneakers" or "Silver and Fit" members. Now accepts most Blue Cross Blue Shield, Medical and Health Partner Plans. First session is free. Bring your insurance card to determine if you will get a discount in the future.

TAI CHI

Shibashi Tai Chi means 18 movements. Learn about Tai Chi through these gentle stretch movements that will help relieve stress, gain balance and flexibility, and connect your breath to the flowing movement. Wear comfortable clothes and shoes. Instructed by Kareen Platt. Sign up begins immediately. Call (763) 767-6473.

CONTINUING CLASS

Mondays at 3:20 p.m.
November 2, 9, 16, 30 December 7 & 14
6 Sessions—\$36.00 (Due at 1st session)

BEGINNERS CLASS

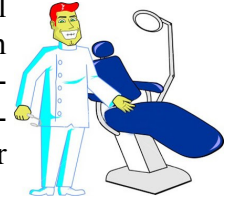
Fridays at 9:30 a.m.
November 6, 13, 20, December 4, 11 & 18
6 Sessions—\$36.00 (Due at 1st session)

"TOOTH OR CONSEQUENCES"

MONDAY, NOVEMBER 2

1:00 P.M.

Learn all about senior dental health (including decay, gum disease, dry mouth, and recession), as well as ways to manage dental expenses. Root beer floats and door prizes, too.



Presented by Dentist DeAnna Miller. There is no cost to attend this event, but please register in advance by calling the Senior Center at (763) 767-6473.

YOGA

Join this free weekly group led by volunteers. No experience needed; the class is open to all. The group meets every Friday at 10:15. Wear comfortable clothing. Mats are provided. No registration is required—just drop in.

FOOTCARE SERVICES

Mary T. Home Health provides foot care services the first week of each month at the Senior Center. This includes a foot soak, nail trim and care of corns and calluses by a nurse. Appointments can be made by calling the Coon Rapids Senior Center at (763) 767-6473. The cost **HAS INCREASED TO \$22.00** and is payable to *Mary T. Inc.* at the time of the appointment. **Bring your own towel.**

CUB PHARMACY PRESENTS: OSTEOPOROSIS

THURSDAY, NOVEMBER 12 AT 1:00 P.M.

Have you ever stood in the supplement aisle of your neighborhood grocery store or drug store and wondered about all the different types of calcium? Do you know someone that has been affected by a broken bone or been diagnosed with osteoporosis? If so, come listen to your local CUB pharmacist talk about these things and many more! The discussion will include a definition of osteoporosis, risk factors for developing it, ways to prevent and treat it, and tips on choosing a good calcium supplement. No cost to attend, but please pre-register in advance by calling the Senior Center at (763) 767-6473.

LIFELONG LEARNING - CALL (763) 767-6473 TO REGISTER

Minnesota Safety Council

DEFENSIVE DRIVING COURSES

Consumers 55+ years of age can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour session. Others take a shorter, 4-hour refresher course every three years. Call for a reservation form. Registration and payment must be received 2 weeks prior to the class. **These classes fill up early.** Call (763) 767-6473 to register.

4-HOUR REFRESHER COURSE: \$20.00

Monday, November 9: 5:30 p.m.—9:30 p.m.

Monday, November 23: 8:30 a.m.—12:30 p.m.

Monday, December 14: 8:30 a.m.—12:30 p.m.

Monday, January 4: 8:30 a.m.—12:30 p.m.

Monday, January 25: 5:30 p.m.—9:30 p.m.

8-HOUR COURSE: \$22.00

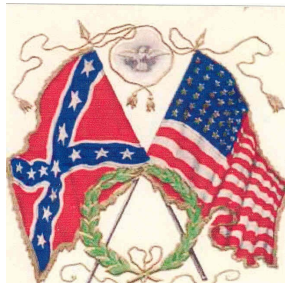
Mondays, Nov 30 & Dec 7: 8:30 a.m.—12:30 p.m.

PLEASE NOTE:

Classes are also now offered on-line! Sign up at
www.minnesotasafetycouncil.org

“SALUTING THE CIVIL WAR” FRIDAY, DECEMBER 11 10:00 A.M.

Doug Ohman has made a project of finding the graves and remembering those from Minnesota that served in this tragic and most interesting chapter in American history. Doug has photographed and researched hundreds of grave markers, along with Civil War monuments and a couple of national battlefields where the men from Minnesota courageously served. The cost is \$3 payable by Friday, December 4.



NOVEMBER TEA TALK

“GERMANS IN MINNESOTA ”

WED., NOVEMBER 18 AT 1:30 P.M.

"An examination of the enigmatic “Germans” and their great but unheralded historical contributions to the world and nation in general and Minnesota in particular. Germans – Minnesota’s largest ethnic group – left an indelible mark on Minnesota, yet they are conspicuously underemphasized in popular history and culture. Join MN historian Gary Brueggemann in his exploration of the largely forgotten contributions of Minnesota’s German immigrants. Refreshments will be served after the presentation. The cost is \$3 payable by Tuesday, November 10. **Sign up begins immediately.**

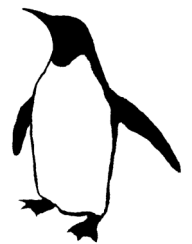


DECEMBER TEA TALK

“BIRDS IN BLACK AND WHITE”

WED., DECEMBER 9 AT 1:30 P.M.

Their “Happy Feet”, formal-looking feather attire, and comical faces quickly engage our attention. Beneath their black and white feathers lie seabirds that are well-adapted to living in deep, cold oceans and nesting on bare, plant-free rocks. Learn about their unique lifestyles and the many “colorful” variations of the puffins of the north and penguins of the south. With years as the Education Coordinator for one of the largest seabird refuges in the world, Traveling Naturalist Melonie Shipman, will be sharing stories and insights only one who has stood where seabirds rarely stand can know. Refreshments will be served after the presentation. The cost is \$3 payable by Wednesday, December 2. **Sign up begins immediately.**



LIFELONG LEARNING

Sign up IMMEDIATELY by calling the Senior Center at (763) 767-6473.

“HISTORY OF PARLIAMENT” ON MONDAY, NOVEMBER 9 AT 10:00 A.M. Where did Parliament come from and how is it different from our government? Our founding fathers used what they saw as weaknesses in the British system to strengthen our system of government. Did they succeed? The cost of this 2-hour presentation is \$3 and is payable by Monday, November 2. Instructor: Terry Kubista.

PART 3 OF 5 “THE MAJOR BATTLES OF THE AMERICAN CIVIL WAR SERIES” ON MONDAY, NOVEMBER 9 AT 1:00 P.M. This 2-hour class will include Gettysburg (July 1-3, 1863), Lee’s greatest defeat is called the turning point in the Civil War. Vicksburg (July 4, 1863) Vicksburg, the day after Gettysburg on July 4th that opened up the Mississippi River. Instructor: Dan Hartman. The cost is \$3 payable by Monday, November 2.

“BOOKS & BEYOND” ON TUESDAY, NOVEMBER 10 AT 10:30 A.M. You may think you know everything there is to know about the library, but you will be surprised. Join Branch Manager Stacey Hendren from the Anoka County Coon Rapids Library and learn all about eBooks, lifelong learning, book recommendations, at-home delivery and more! Obtain a library card, too. No cost to attend.


“LEAVING A LEGACY: WHAT YOU SHOULD KNOW ABOUT ESTATE PLANNING” ON MONDAY, NOVEMBER 16 AT 1:00 P.M. Join Attorney Chuck Roulet and learn about wills, trusts, probate, estate taxes, long term care planning and more without a bunch of legal mumbo-jumbo. No cost to attend, but please make a reservation.


“GENEALOGY 101” ON THURSDAY, NOVEMBER 19 AT 1:00 P.M. Learn how to get started in genealogy research. Basic forms and tools, what questions to ask and where to look for information. Presented by Cathi Weber. Cost is \$5 payable by Thursday, November 12.

PART 4 OF 5 “THE MAJOR BATTLES OF THE AMERICAN CIVIL WAR SERIES” ON MONDAY, NOVEMBER 30 AT 1:00 P.M. This 2-hour class will include Chickamauga (September 19-20, 1863); Chattanooga (November 23-25, 1863); Fort Pillow (April 12, 1864); Wilderness (May 5-6, 1864); Petersburg (June 15-18, 1864). Instructor: Dan Hartman. The cost is \$3 payable by Monday, November 23.

“THE GEORGIAN ERA” ON MONDAY, DECEMBER 7 AT 10:00 A.M. The Georgian era takes its name from the 4 “King Georges” that lead the way for Victoria and the Victorian era. This is the reign of opulence for opulence sake. This is the time of the widest separation of the economic classes ever known in British society. The Poor House and the Country Manor both come from this time. This is the time Jane Austin writes about. The cost of this 2-hour presentation is \$3 and is payable by Monday, November 30. Instructor: Terry Kubista.

PART 5 OF 5 “THE MAJOR BATTLES OF THE AMERICAN CIVIL WAR SERIES” ON MONDAY, DECEMBER 7 AT 1:00 P.M. This 2-hour class will include Atlanta (September 2, 1864); The burning of Atlanta; March to the Sea (Nov. 16, 1864-Feb. 17, 1865) Sherman’s March to the Sea and then north into the Carolinas in early 1865; Five Forks (April 1, 1865); Fall of Richmond (April 3, 1865); Lee Surrender at Appomattox (April 9, 1865); Lincoln Assassinated (April 14, 1865); Johnson surrender (April 26, 1865). Instructor: Dan Hartman. The cost is \$3 payable by Monday, November 30.

Mon		Tue		Wed		Thu		Fri						
2	Live 2B Healthy Defensive Driving Registration Quilting Dining Bingo Chess Creative Writers Dental Talk Tai Chi	8:30 8:30 9:00 10:00 12:00 12:45 12:45 1:00 1:00 3:20	3	AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Cribbage Watercolor eBooks?	9:30 9:30 10:00 10:00 12:00 12:45 1:00 1:00 2:00	4	Vets Coffee Live 2B Healthy Mary T. Footcare Dining Spanish Shopping/Riverdale Cub	8:30 8:30 9:00 12:00 1:00 1:00	5	Mary T. Footcare Goldentones Dining BAZAAR 9:00-3:00	9:00 9:15 12:00	6	Live 2B Healthy For Art's Sake Tai Chi Super Senior Club Paramount Trip Yoga Hand & Foot	8:30 9:30 9:30 10:00 10:15 10:15 12:15
9	Live 2B Healthy Quilting History of Parliament Dining Chess Ver's Tribute Creative Writers Civil War Tai Chi Defensive Driving	8:30 10:00 10:00 12:00 12:45 1:00 1:00 1:00 3:20 5:30	10	AA Meeting ACCAP Counselor Craft Club Stamp Cutting Books & Beyond Dining Bridge Cribbage Masterpiece Book Club Watercolor	9:30 10:00 10:00 10:00 10:30 12:00 12:45 1:00 1:00 1:00	11	CLOSED IN HONOR OF VETERAN'S DAY		12	Mary T. Footcare Goldentones Crochet & Knit Dining Pinochle Bingo Woodcarving Parkinsons Cub Pharmacy	9:00 9:15 10:00 12:00 12:30 12:45 1:00 1:00 1:00	13	Live 2B Healthy Feed Children For Art's Sake Tai Chi Yoga Hand & Foot Shopping: Andover Walmart	8:30 9:00 9:30 9:30 10:15 12:15 TBA
16	Live 2B Healthy Quilting Dining Bingo Chess Creative Writers Leaving A Legacy Tai Chi	8:30 10:00 12:00 12:45 12:45 1:00 1:00 3:20	17	Square Dancing Mary T. Footcare AA Meeting Craft Club Stamp Cutting Thanksgiving/Dining Bridge Cribbage Watercolor	9:30 9:00 9:30 10:00 10:00 11:00 12:45 1:00 1:00	18	Live 2B Healthy Vets Coffee Stamping Club Old Log Theater Dining 500 Cards/Bunco Good Neighbors Spanish Tea Talk	8:30 8:30 9:00 10:45 12:00 12:45 1:00 1:00 1:30	19	St. Croix Casino Goldentones Crochet & Knit Dining Pinochle Bingo Woodcarving Spanish Genealogy	9:00 9:15 10:00 12:00 12:30 12:45 1:00 1:00 1:00	20	Live 2B Healthy Breakfast Bunch For Art's Sake Tai Chi The Diamonds Trip Yoga Hand & Foot Shopping/Aldi's	8:30 8:30 9:30 9:30 11:00 10:15 12:15 TBA
23	Live 2B Healthy Defensive Driving Quilting Dining Bingo Chess Creative Writers	8:30 8:30 10:00 12:00 12:45 12:45 1:00	24	AA Meeting Craft Club Stamp Cutting Dining Bridge Cribbage Watercolor	9:30 10:00 10:00 12:00 12:45 1:00 1:00	25	Vets Coffee Live 2B Healthy Stamping Club Birthday Party/Dining 500 Cards/Bunco Good Neighbors	8:30 8:30 9:00 11:00 12:45 1:00	26	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	27	CLOSED FOR THANKSGIVING	
30	Defensive Driving Live 2B Healthy Quilting Dining Bingo Chess Creative Writers Civil War Red Cross Tai Chi	8:30 8:30 10:00 12:00 12:45 12:45 1:00 1:00 2:00 3:20	NOVEMBER			Flea Market Donations Are Being Accepted Until Monday, November 2! THANK YOU!								

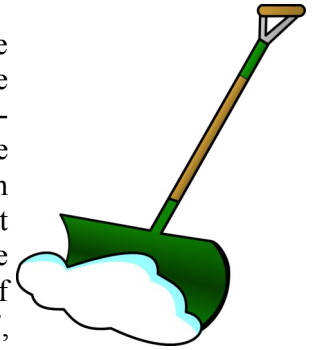
Mon		Tue		Wed		Thu		Fri	
1 Deck the Halls AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Cribbage eBooks		2 Vets Coffee Live 2B Healthy Stamping Club Mary T. Footcare Dining 500 Cards/Bunco Good Neighbors Spanish Shopping/Riverdale Cub		3 Mary T. Footcare Goldentones Crochet & Knit Book Club Dining Pinochle Bingo Woodcarving Spanish		4 Live 2B Healthy For Art's Sake Yoga Holiday Tea Hand & Foot		8:30 9:30 10:15 10:15 12:15	
7 Defensive Driving Live 2B Healthy Quilting The Georgian Era Dining Bingo Chess Creative Writers Civil War Tai Chi Out to Dinner		8 AA Meeting ACAP Counselor Craft Club Stamp Cutting Dining Bridge Cribbage Masterpiece Book Club		9 Vets Coffee Live 2B Healthy Stamping Club Duluth Dining 500 Cards/Bunco Good Neighbors Tea Talk		10 Mary T. Footcare Goldentones Crochet & Knit Dining Pinochle Bingo Woodcarving Parkinsons		11 Live 2B Healthy For Art's Sake Doug Ohman Yoga Hand & Foot Shopping/Aldi's December 13 VFW Dinner	
14 Defensive Driving Live 2B Healthy Treasure Island Quilting Dining Bingo Chess Creative Writers Tai Chi		15 Square Dancing AA Meeting Craft Club Stamp Cutting Holiday Party/Dining Bridge Cribbage		16 Vets Coffee Live 2B Healthy Stamping Club Chanhasen Dining 500 Cards/Bunco Good Neighbors Spanish		17 Crochet & Knit Eisenhower Choir/Dining Bingo Woodcarving Pinochle Spanish		18 Live 2B Healthy Feed Children For Art's Sake Tai Chi Yoga Hand & Foot Shopping: Andover Walmart	
21 Holiday Exhibits		22 CENTER CLOSED FOR ACTIVITIES DUE TO CLEANING AND MAINTENANCE. OFFICE IS OPEN		23 CENTER CLOSED FOR ACTIVITIES DUE TO CLEANING AND MAINTENANCE. OFFICE IS OPEN		24 CENTER CLOSED FOR CHRISTMAS		25 CLOSED FOR CHRISTMAS	
28 Live 2B Healthy Quilting Dining Bingo Chess Creative Writers Tai Chi		29 Square Dancing AA Meeting Craft Club Stamp Cutting Dining Bridge Cribbage		30 Vets Coffee Live 2B Healthy Stamping Club Birthdays Party/Dining 500 Cards/Bunco Good Neighbors		31 Crochet & Knit Noon Year's Eve Party Bingo Woodcarving Pinochle			

SERVICES

NEW SERVICE! Patty Marz, with the Anoka County Community Action Program (ACCAP) will now have office hours at the Coon Rapids Senior Center. She can connect seniors with resources in the community to help them remain in their own home as long as possible. She can help with assistance for food support, housing, health care programs, energy assistance, or other questions regarding resources in the community. Stop in on the 2nd Tuesdays of each month between 10:00 a.m. and Noon. Or contact Patty at 763-783-4741.

AA MEETINGS: People of all ages are welcome to attend the weekly meeting on Tuesdays at 9:30 a.m.

CHORES & MORE: We are looking for people to snow shovel this winter. Please contact our office for an application. If you are in need of help, please call us and we will try to assist you. Our program assists with housekeeping, grocery shopping, seasonal outdoor chores, and minor home repairs for adults over the age of 60. Help to those qualified is based on worker availability. We do have subsidy for those in need based on income qualifications and service requested. We are currently looking for independent contractors, volunteer groups or individuals to assist with projects for the seniors in the Anoka County area. If you know of anyone interested please have them contact us. If you also have questions about the program give Nancy or Char a call at 763-783-4767, ACCAP Chores & More, 1201 89th Ave. N.E., Blaine, MN 55434. Email: nshaw@accap.org. Funding is provided by: Metro Area Agency on Aging, as part of the “Older American Act”, Anoka County, ACCAP, and Private & Public Donations.



COUNSELING: Experiencing sadness or worry? Feeling overwhelmed with stress? Talking with someone who specializes in older adult issues can be helpful in addressing life's challenges such as the death of a loved one, health problems, or a recent move. Therapist, Caroline Johnson, MSW, LICSW (from Volunteers of America—MN Senior Mental Health Services), helps adults, 55 and older, navigate life's challenges through age-specific mental health counseling. Services are covered by Medicare, Medical Assistance, and most major health insurance plans. For more info or to make an appointment, please call (763) 225-4054 or check us out at www.smhvoamn.org. Appointments held at the Senior Center.

eBOOK HELP!: You can get free eBooks from the Anoka County Library at anokacountylibrary.org. Sign up for a free, one-to-one, thirty minute afternoon appointment and learn how to download the books by calling the center. A representative from the Library will meet with you at the Senior Center and show you how it works with your device (iPads, iPhones, Androids, Laptops and Kindle). Bring your device, your device ID and password and your library card and PIN (if you have one). First Tuesday of the month.

HEALTH INSURANCE COUNSELING: Get help with Medicare questions, choosing or changing supplemental carriers, prescription drug cost options, Medicare billing questions, and more! To schedule a free individual appointment, please call the Senior Linkage Line at 1-800-333-2433. The insurance counselor will meet you at the Senior Center. This program is not associated with any insurance company and is made possible by the Metropolitan Area Agency on Aging and the Senior Linkage Line.

TRANSPORTATION: Did you know that we have bus transportation to and from the Senior Center for Coon Rapids residents? The suggested donation is 75 cents each way. Please call Cindy at (763) 767-6473 if you would like more information!

GROCERY SHOPPING TRIPS: Take the Coon Rapids Senior Center Bus shopping. You can shop for 75 minutes. The cost is \$3 round trip. Reservations need to be made at least **two days** in advance by calling Cindy at (763) 767-6473. See calendar for dates and stores.

VOLUNTEER OPPORTUNITIES

RED CROSS BLOOD DRIVE AT THE COON RAPIDS SENIOR CENTER ON MONDAY, NOVEMBER 30. Call (651) 291-4607 for an appointment.

FEED MY STARVING CHILDREN, FRIDAY, NOVEMBER 13 & FRIDAY, DECEMBER 18: Pack meals for children around the world! Volunteers need to stand for two hours, although there are some sitting positions. Wear close-toed shoes. No jewelry allowed. If you are ill or have any food allergies, you are asked not to attend. Meet the group by 9:30 a.m. at their building located at 401 93rd Ave in Coon Rapids. To sign up, call Senior Services at (763)767-6473. If you need to cancel, please call the center.

STONEY RIVER ASSISTED LIVING IN RAMSEY NEEDS VOLUNTEERS: Help is needed with activities and special events. Call Gloria at 612-615-9936.

THINGS TO DO

WATERCOLOR CLASS

**TUESDAYS, NOVEMBER 3, 10, 17 & 24
1:00 P.M.—4:00 P.M.**

Bring your enthusiasm and learn this fun, spontaneous and versatile medium. Join instructor Helen Smith as she teaches you basic watercolor painting and techniques. No experience necessary—only your desire to learn. Expect surprises and FUN!! Paper and some materials will be provided. A supply list for other items can be picked up when you register or you can request one to be mailed to you. Cost for all four sessions is \$60.00. Does not include the cost of items on the supply list. Payment is due Tuesday, October 27. A sample is on display at the Senior Center. **Sign up immediately. Space is limited.**



BOOK CLUB

Everyone is welcome to join the Book Club on the 4th Thursday of the month at 10:30 a.m. (**NOTE:** Because of the holidays, there will be only one meeting for November and December on December 3rd at 10:30 a.m.) After the meeting, lunch at a local café is optional. No sign up needed.



Dec. 3-To Kill A Mockingbird by Harper Lee

Jan. 28-The Girl on the Train by Paula Hawkins

PINOCHLE CARDS

THURSDAYS AT 12:30 P.M.

Feel free to join our Pinochle Card group. No advance registration is needed. Haven't played before? No worries! They will teach you! Just come in and join in the fun!

SPANISH CLASSES

Coon Rapids Senior Center
1:00 p.m.

1st & 3rd Wednesdays—Advanced Class

1st & 3rd Thursdays—Beginner Class

No cost to attend.

No advance reservation needed.

TAKE NOTE

VOICE OF EXPERIENCE DELIVERY METHODS

Please note that there are four ways to receive your Voice of Experience Senior Newsletter:

1. Online free at the City of Coon Rapids Website
www.coonrapidsmn.gov
2. Emailed free to your email address
3. Pick up a free copy at CRSS
4. Mailed to your address (a donation of \$10.00 per year is suggested).

DON'T FORGET....

It's Daylight Savings Time!

Set your clocks back one hour before you go to bed on Saturday, October 31. Remember "Spring Forward, Fall Back". It's a good time to check the batteries on your smoke alarms, too!



GRACIAS! Thanks to the Coon Rapids Senior Center for your continued support of the collection of soap, shampoo, etc., for our medical clinics in Honduras. I am just amazed every time I stop by the Center to pick up the month's collection. There is always a substantial amount and we are well on our way to exceeding last year's efforts. The hygiene items collected in Coon Rapids have contributed immensely to the disease prevention program in the village of Lasagnipura in the remote region of Honduras. The need never ends so thanks again for the continuing collection program. I wish there were a way to thank personally all those who donate. ~Rick Reiter, International Health Service of Minnesota

ENERGY ASSISTANCE

The Energy Assistance Program is designed to assist low income households with energy costs during the winter months. Families, single people and seniors can apply if their gross income is less than \$5,987 for 3 months for one person (or \$7,829 for 3 months for two people). Applications are processed on a first-come, first-serve basis and are generally processed within 30-60 days. Call (763) 783-4712 to request an application. If you would like help completing your Energy Assistance paperwork, please call Patty at 763-783-4741.

PARKINSON'S SUPPORT GROUP COON RAPIDS SENIOR CENTER

THURSDAY, NOVEMBER 12 AT 1:00 P.M.: "Non-Motor Symptoms of Parkinson's Disease" presented by Guest Speaker Kathryn Gilbertson, RN Nurse Practitioner at Capistrano Parkinson Center.

THURSDAY, DECEMBER 10 AT 1:00 P.M.: Stan Przewdziecki will be entertaining at our December Parkinson's Support Group from 1:15-2:00. He will play a variety of old time music with Christmas music mixed in.

Everyone Welcome. Coffee Provided.

Questions? Feel free to contact Facilitator Milo Hartmann (763) 755-2175.

SUPER SENIOR CLUB

LETTER FROM THE PRESIDENT

Our Bazaar will be on Thursday, November 5th, from 9:00 a.m.—3:00 p.m. It's hard to believe that it is that time of year already. Weren't we just planting flowers? Come and enjoy the yummy **Bake Sale** items. The **Craft Area** will include baby items, embroidered dish towels, crocheted kitchen towels, gag gifts, stocking stuffers, jewelry, and greeting cards for 10 cents each, etc. The **Book/Puzzle Area** has (too many to count) books. The **Christmas Room** has many, many Christmas pieces and Christmas cards 35 for \$1.00. The **Flea Market Space** is filled to the brim with bargains. Our **Raffles** include a \$25 Cub Gift Card, embroidered towels and many more "have to have" items. Also, take time to "sit a bit" and enjoy **Coffee and Wonderful Refreshments**. There will be plenty of Elves to help you with items or questions. This year there are some location changes. Jewelry will be sold in the Craft Area. The Christmas area and the Book/Puzzle Area will change places, so books will now be behind the bake sale area (in Conference Room #5) and the Christmas Area will be in the room past the Library. Watch for signs!

We welcomed two new members, Annette Edstrom and Sharon Norman. We're happy you have joined us.

Last newsletter I wrote entertainer Joe Chock's last name as Crock in error. I apologize for this.

We want to say a big "Thank You" to Jordie and Bob Powell. A mixing bowl set was donated to the gift shop to sell and because it was old, Jordie and Bob felt they might be able to sell it to an antique shop. They did, which resulted in making \$50.00 for the gift shop. They could have easily just put the set out for sale at a much cheaper price, however they went above and beyond to visit antique shops to get the maximum dollar for us. Thanks!

Like to talk and laugh with people? Do you want to be part of the team giving back to the community? Do you have three hours a week to spare? If you've answered yes, the gift shop needs you! Currently we have openings for sales associate volunteers to work 3 hours every week and we also need more substitutes. No sales experience is necessary. Just a willingness to help others and have fun. There is a constant variety of great items and fabulous greeting cards to sell. Remember, the proceeds go back to the community through grants and scholarships. Please consider this and call either Jordie Powell at 763-370-9477 and/or Mary Tucker at 763-755-2729.

November's Super Senior Club Meeting will be on the day after the Bazaar on Friday, November 6 at 10:00 a.m. There will be **NO** Bazaar follow-up meeting before. There will be no meeting in December due to the holidays. Our first meeting of 2016 will be Friday, January 8 at 10:00 a.m., with a Bazaar follow-up meeting prior at 9:00 a.m. Please consider joining the Super Senior Club. Our dues are only \$7.00. Socializing, coffee and yummy Desserts (who can resist that). You will also have the satisfaction of knowing you are helping our community. Our meetings take place in a friendly environment where your ideas and opinions are important. You will meet people and make new friends.

HAPPY HOLIDAYS TO ALL
AND CHEERS TO A WONDERFUL HEALTHY 2016!

Sherri Ziegler, President



COMMUNITY CORNER

SENIOR SURF DAY: Seniors are invited to a FREE session at the Northtown or Rum River Libraries on how to use a computer and surf the internet. Registration required! The Northtown Library offers their sessions on the 3rd Friday of the month, 9:30-11:30 a.m. Call (763) 717-3267. The Rum River sessions are on the 1st Wednesday of each month from 1:00-3:00 p.m. Call (763) 576-4695 for a reservation.

SENIOR DANCES/LIVE MUSIC: Coon Rapids American Legion, 11640 Crooked Lake Blvd from 1:00-4:00. 2nd Wednesdays. Call 421-6260 for more information.

REIMBURSED SENIOR VOLUNTEER POSITION: The Senior Companion Program is seeking volunteers 55+ years willing to help others as friendly visitors in their homes, and outings in the community. Tax-free stipend, mileage reimbursement and other benefits. Contact Sara Koch, AT 651-310-9448 or email her at sara.koch@lssmn.org or check out their website at www.mnseniorcorps.org

TAKE NOTE

DECK THE HALLS ON TUESDAY, DECEMBER 1 AT 9:00 A.M.: We need some elves to help us decorate our trees! Can you help? Please call (763) 767-6473 to sign up.

LET US DO YOUR HOLIDAY LETTER! Want to do a holiday letter? Let us help! Bring in your handwritten letter and we'll do the typing and photocopy it onto seasonal stationary for just ten cents a copy! We'll have it done for you within two working days. Just stop in.

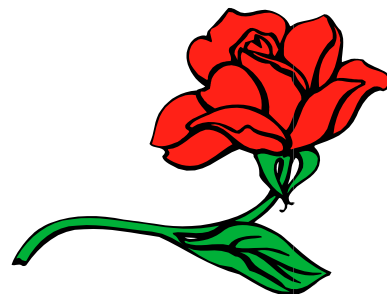
GIFT CERTIFICATES AVAILABLE: Do you need a gift for that someone special? Are the kids asking you what YOU want for a gift? Consider a Gift Certificate for the Senior Center. It could be for Senior Dining Meals, trips, foot care or bus tickets. Just stop by or call (763) 767-6473.

GOING SOUTH FOR THE WINTER? Notify us of your change of address and the dates you leave and return, and we'll keep your newsletters coming to you at the right address.

2016 CALENDARS: If you have extra ones, you can donate them to the senior center.

IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently including William Griep, Maxine Hoeke, Jim Kalpiers, Charles Lin, Elmer Martini, Jerry Prokop, Mary Reardon, and Helen Van Wagner.



VOLUNTEERS OF AMERICA SENIOR DINING



OPEN: 9:00 A.M.—1:00 P.M. MONDAY—THURSDAY
LUNCH SERVED AT: 12:00 NOON
SUGGESTED DONATION: \$4.00 (with NAPIS form on file)
(Under 60 years old is \$7.00)
CALL: (763) 767-6524 by noon, **AT LEAST** three business
days in advance, (does not include Fridays) for a reservation.
Current NAPIS form must be on file to participate.

BIRTHDAY CELEBRATIONS

Join us as we celebrate birthdays! Live entertainment begins at 11:00 a.m. Then enjoy a delicious meal including Birthday Cake with Ice Cream. Yummy! Our Birthday guests will get to put their name in a drawing too. Thanks to Culvers of Coon Rapids, Land O' Lakes and the Coon Rapids Super Senior Club for donating prizes. Suggested donation for this event is \$4.00 and can be paid upon arrival! Everyone is welcome to join us by making a reservation at least three business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!

WEDNESDAY, NOVEMBER 25

MARY FRANZ

**Oldies, Goodies &
Everything In Between**
Register no later than noon on
Thursday, November 19

WEDNESDAY, DECEMBER 30

MANNY CORTEZ

Guitar Fun
Register no later than noon on
December 17 (earlier than usual,
due to the holidays)

SOUNDS OF THE SEASON

THANKSGIVING CELEBRATION—Tuesday, November 17 at 11:00 a.m.: Get ready to enjoy a turkey dinner and the Goldentones Choir. The program begins at 11:00 a.m., followed by the meal—all for just \$4.00.

HOLIDAY SHOW WITH THE GOLDENTONES—Tuesday, December 15 at 11:00 a.m. Enjoy the Goldentones and their traditional, holiday songs that will bring back happy memories. At noon, we'll serve dinner. Menu to be determined. The suggested donation for this special senior dining event is \$4.00. Reservations need to be made before noon on Wednesday, December 9.

EISENHOWER ELEMENTARY CHOIR—Thursday, December 17 at 11:00 a.m. If this children's choir doesn't get you in the holiday spirit, then nothing will! Reservations need to be made before noon on Monday, December 14.

LUNCH ON BAZAAR DAY

THURSDAY, NOVEMBER 5

If you're coming to the Bazaar, join us for lunch, too! Cost is only \$4.00. Remember, you need to make your reservation before noon on Monday, November 2.

VOLUNTEERS NEEDED!

Senior Dining needs assistance setting tables, scooping, serving and running the dishwasher. If you would like to help with any of these tasks, please contact Betty at 763-767-6524.

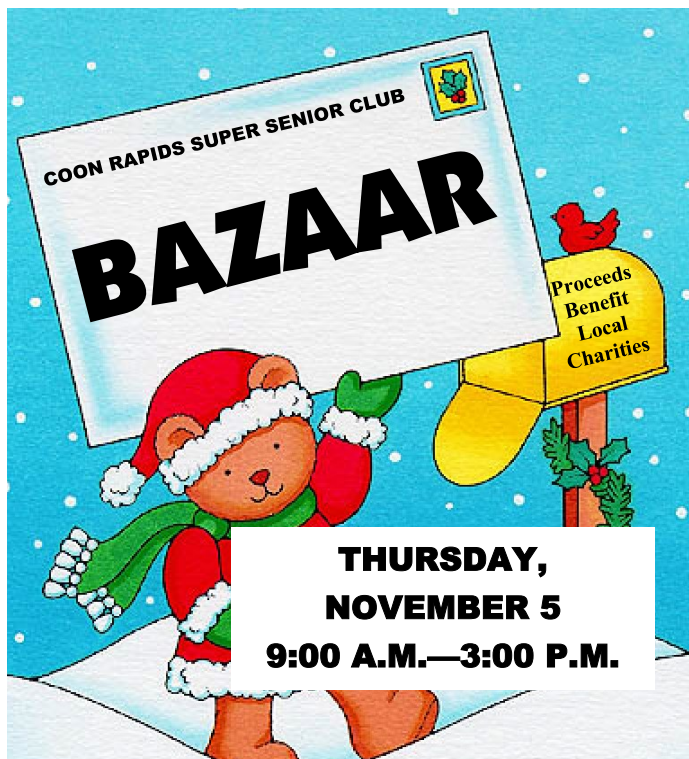
Menus are available in the brochure rack next to the Senior Center information counter!



11155 Robinson Drive
Coon Rapids, MN 55433-3761

ADDRESS SERVICE REQUESTED

**Need to be removed from
our Mailing List? Call us
at (763) 767-6473.**



**COON RAPIDS SENIOR/CIVIC CENTER, 11155 ROBINSON DRIVE
CRAFTS—REFRESHMENTS—RAFFLES—FLEA MARKET
BAKE SALE—CHRISTMAS ROOM—BOOKS & JEWELRY**

COON RAPIDS SENIOR SERVICES (763) 767-6473

**OFFICE HOURS:
MONDAY-FRIDAY 8:00 A.M.—4:30 P.M.**

**PROGRAM SPECIALIST:
KRIS NIEBLER (763) 767-6473**

**PROGRAM ASSISTANT:
CINDY OLSON (763) 767-6473**

**SENIOR DINING PROGRAM:
BETTY FOUST (763) 767-6524**

**FACILITY RENTAL:
LORI ANDERSON (763) 767-6522**

*Coon Rapids Senior Services is made possible
through the continued support
of the City of Coon Rapids.*